

1 GET VACCINATED

STAY UP TO DATE WITH THE MOST CURRENT FLU AND COVID VACCINES. SEEK MEDICAL PROVIDER'S GUIDANCE

4 FOLLOW PROVIDER'S INSTRUCTIONS

YOUR PROVIDER WILL PROVIDE YOU WITH THE BEST COURSE OF ACTION, FOLLOW THEIR INSTRUCTIONS.

6 PHYSICAL DISTANCE

PRACTICE PHYSICALLY DISTANCING WHEN TRAVELING OR WHEN AROUND PEOPLE WHO MAY BE SICK OR LIVE OUTSIDE YOUR HOUSEHOLD.

8 COVER COUGHS & SNEEZES

COVER YOUR MOUTH WITH A TISSUE WHEN YOU COUGH OR SNEEZE. IF USING YOUR HANDS, BE SURE TO WASH THEM IMMEDIATELY AFTER.

10 CLEAN SURFACES

WIPE DOWN FREQUENTLY TOUCHED SURFACES OR AVOID DIRECT HAND CONTACT WITH FREQUENTLY TOUCHED SURFACES SUCH AS TABLES, DOOR HANDLES, PHONES, ETC.

2 LOOK FOR OPEN SPACES

ALLOW FOR AS MUCH OPEN SPACE AS POSSIBLE; GATHER OUTSIDE OR ALLOW FOR MORE VENTILATION IN CONFINED SPACES.



11 WASH YOUR HANDS

WASH YOUR HANDS WITH WATER AND SOAP FOR AT LEAST 20 SECONDS. WASH YOUR HANDS MORE FREQUENTLY WHEN TRAVELING.

3 STAY HOME IF SICK

DO NOT ASSUME WHAT YOU MAY OR MAY NOT HAVE, SEEK TESTING AND MEDICAL GUIDANCE.

5 MONITOR TRAVEL ALERTS

BE PROACTIVE ABOUT TRAVELING AND CHECK COVID LEVELS IN THE AREA YOU ARE PLANNING TO TRAVEL.

7 WEAR A FITTED MASK

WEAR A MASK THAT IS WELL FITTED, A KN-95 OR BETTER IS RECOMMENDED FOR THOSE WHO ARE AT HIGHER RISK. ENSURE THE MASK COVERS BOTH YOUR MOUTH AND NOSE AT ALL TIMES.

9 INCREASE VITAMIN C

EATING FOODS HIGH IN VITAMIN C OR TAKING VITAMIN C SUPPLEMENTS CAN HELP BOOST YOUR IMMUNE SYSTEM. FOODS HIGH IN VITAMIN C INCLUDE: ORANGES, TOMATOES, BELL PEPPERS.

12 GET TESTED/SEEN

IF YOU HAVE BEEN EXPOSED, OR SUSPECT THAT YOU MAY BE SICK NOTIFY YOUR MEDICAL PROVIDER, YOU MAY BE INSTRUCTED TO GET TESTED.

If you are experiencing symptoms, please visit the Hu Hu Kam Memorial Hospital Emergency Department or call Gila River Health Care's main line:

(520) 562 - 3321

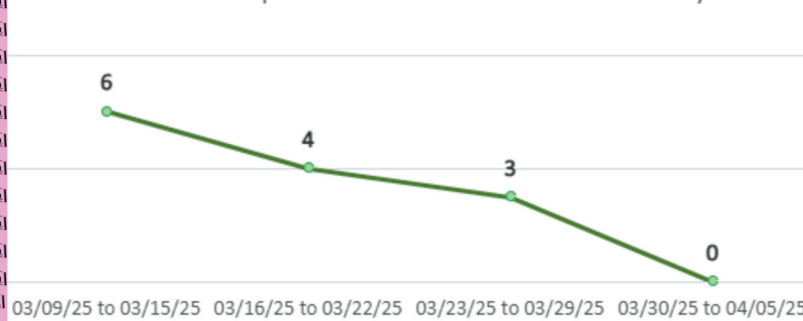


Gila River
HEALTH CARE



Gila River Indian Community
Tribal Health Department
(520) 562 - 5100

Number of Reported COVID Cases in the Community



Additional resources and information about COVID cases by age and district from the GRIC Tribal Health Department



COVID Positive Case Rates

April 7, 2025

